KIKKOMAN

Lion's mane mushrooms with avocado & asparagus salad

Total time **60 mins** **24 mins** preparation time **6 mins** cooking time **30 mins** waiting time

INGREDIENTS

10 portion(s)

For the mushrooms:

500 g	Lion's mane mushrooms
200 ml	whole milk
5 g	garlic powder
5 g	onion powder
10 g	smoked salt
300 g	Kikkoman Sesame Sauce
200 g	plain flour
200 g	whole egg, beaten
300 g	Kikkoman Panko – Japanese style crispy bread crumbs
1 l	clarified butter

For the beetroot ketchup:

500 g	beetroot, pre-cooked, cut into large pieces
100 ml	Kikkoman Teriyaki Glaze
50 ml	Kikkoman Mirin-Style Sweet Cooking Seasoning

For the salad:

300 g	green asparagus, cut into bite-sized pieces
200 g	mangetout, cut into bite-sized pieces
200 g	edamame, frozen
300 g	avocado flesh, cut into large pieces
150 g	frisée, washed, leaves picked
50 g	mint, leaves picked
200 ml	Kikkoman Sesame Sauce

To serve:

20 g	shiso cress

PREPARATION

Step 1

For the mushrooms, mix the milk with the garlic powder, onion powder, smoked salt and Kikkoman Sesame Sauce. Marinate the mushrooms in the mixture for about 60 minutes.

Step 2

Meanwhile, for the ketchup, blend the beetroot with the Kikkoman Teriyaki Glaze and Kikkoman Mirin-Style Sweet Seasoning until smooth.

Step 3

For the salad, blanch the asparagus and mangetout in boiling salted water for about 1 minute. Refresh in iced water to stop the cooking process and preserve the colour. Combine with the edamame, avocado, frisée and mint. Dress with the Kikkoman Sesame Sauce.

Step 4

Remove the mushrooms from the marinade, dust lightly with flour, dip in the beaten egg and coat with the Kikkoman Panko.

Step 5

Heat the clarified butter to 160 °C and fry the mushrooms for about 5 minutes until golden and crisp.

Step 6

To serve, arrange the hot Lion's mane on the

avocado and asparagus salad, top with a little beetroot ketchup and garnish with shiso cress.